

Middle Bucks Institute of Technology

Weekly Lesson Plan 03/22/21 Level 100

Program: _____ SEM _____

Teacher: _____ Mr. Castineira _____

Day	Content <i>From PDE POS</i>	Core Standard	Skills <i>Demonstrate knowledge of.....</i>	Activities	Assessment <i>How will I be evaluated?</i>
Monday 03/22/21	400-404, 500-511 -Ankle Anatomy -Bones in the Ankle and lower foot	CC.3.5.11-12.H. CC.1.2.11-12.A	-Students will understand and palpate the location of the bones in the ankle and lower foot	-Understanding where the bones of the foot are and how to palpate and recognize them on a skeleton	-Daily grade -Classroom Participation -Worksheet
Tuesday 03/23/21	400-404, 500-511 -Ankle Anatomy -Bones in the Ankle and lower foot	CC.3.5.11-12.H. CC.1.2.11-12.A	-Students will understand and palpate the location of the bones in the ankle and lower foot	-Understanding where the bones of the foot are and how to palpate and recognize them on a skeleton	-Daily grade -Classroom Participation -Worksheet
Wednesday 03/24/21	400-404, 500-511 -Ankle Anatomy -Bones in the Ankle and lower foot	CC.1.2.9-10.K CC.1.2.11-12.A	-Students will understand and palpate the location of the bones in the ankle and lower foot	-Understanding where the bones of the foot are and how to palpate and recognize them on a partner	-Daily grade -Classroom Participation -Palpation
Thursday 03/25/21	400-404, 500-511 Ankle palpation and related structures to the ankle and foot	CC.1.2.9-10.K CC.1.2.11-12.A	-Understanding and explain the anatomy of the foot and ankle -Palpating Bones	-Worksheet and study guide on the anatomy and bones in the lower extremity	-Daily grade -Classroom Participation -Palpation -Worksheet
Friday 03/26/21	400-404, 500-511 -Common injuries to the ankle and lower foot	CC.3.5.11-12.H. CC.1.2.11-12.A	-Understanding the different types of injuries that occur in the ankle and foot	-Recognizing signs and symptoms, mechanism of injury and history of an ankle injury	-Daily grade -Classroom Participation

